

## Activity 1 - Seeing relationships

***\*\*Bring this sheet with you to this activity\*\****

**Time allocation:** around 30 minutes for the activity plus travel time to and from the place.

**Materials:** Note-taking and photography tools (e.g. pen, paper, camera, phone... etc.)

**Location:** Any outdoor green space such as a park, garden, back/front yard, forest, river bank... etc.

### Steps:

1. Find a place where you will be comfortable and safe to sit for around 30 minutes undisturbed.
2. Settle in, make yourself comfortable.
3. Begin to look around you. What do you see? Perhaps plants such as trees, bushes, grasses, flowers? What about animals such as birds or insects? What about other natural objects such as rocks, soil, bark, water? And unnatural objects such as benches, drink taps, fences? Note these down.
4. What about the air, water or energy (e.g. heat, light... etc.) around this space? Can you see these? Or can you see their effects? Note these down.
5. What else is in this place that you might not be able to see?
6. Now focus on one of the plants near you. This could be a tree, shrub, grass... etc. Think about how this is connected to the other things that you see and sense in this space. How is it connected to the water? How is it connected to the energy? What about the animals? Note these down.
7. Once you have done this then try it again by focusing on something else in the space and repeating the activity. Try focusing on the soil, or the energy, or the animals.
8. Repeat this a few times, focusing on something different each time and noting down your responses.
9. You should be starting to see some relationships forming between things around you. Now it's time to focus on you. Think about how you are connected to this space. What is the relationship between you and the ground you are sitting/standing on? What about the tree? Water? Energy? Animals? Note these down.
10. Lastly, try to broaden your perspective beyond this place where you are right now. How is this place connected to the place where you live (your home)? Remember this can be tangible or intangible. For example, one way that my nearby park is connected to my home is that it recharges me mentally and emotionally when I take a break there while working from home.
11. Finish noting your thoughts and observations and hold onto them as you will need them for the second activity this week.
12. Enjoy the rest of your time outdoors :)